



140th Wing Safety

Monthly Safety Memo

June 2016

Special points of interest:

- Heat Stress
- Hiking Safety
- Spot Inspection Tips

Office Safety Quick Tips

Return paper cutter blades to the fully-down and locked position when not in use.

Do not store heavy objects on tops or edges of tall cabinets, bookshelves or desks where they may fall

Always close drawers when not in use

Only open one drawer at a time

All new office chairs should have at least 5 legs and/or casters

Do not stand on chairs when a ladder or stepstool is needed

Power strips shall not be connected in series

Keep access to fuse or circuit breaker boxes or electrical controls clear and unobstructed

Contact us if you have any questions or comments!

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Heat Stress

As roll into the summer months, it is important to understand what heat stress is and how to protect against it. AFI 48-151 defines heat stress as the combination of factors which result in heat gains or losses relative to the body, or which prevent the body's regulatory mechanisms from working efficiently.

In the Air Force, the wet bulb globe temperature (WBGT) remains the primary source for determining the heat index. Supervisors should remain aware of the current WBGT and apply the appropriate work rest cycle found in AFI 48-151 Table A2.3 or A2.4. In addition, supervisors must ensure workers are consuming an adequate amount of water so they remain hydrated. Water intake should be a minimum of 0.5 quarts per hour.

Normal duty-type uniforms, overalls, and long-sleeved civilian work clothes do not drive any adjustment to the WBGT. Wearing a second layer of clothing, such as chemical protective gear or firefighting bunker gear adds +6°C/+10°F to the WBGT measurement for light work, and +12°C/+20°F for moderate / heavy work. Additionally, wear of body armor adds an additional +3°C/+5°F to the WBGT measurement. This can, potentially, drive a shift from low or moderate to extreme risk of heat injury.

Symptoms of heat exhaustion include headaches, dizziness or fainting, weakness and wet skin, irritability or confusion, and thirst, nausea or vomiting. Symptoms of heat stroke include confusion, unable to think clearly, passing out, seizures, or when the person is no longer sweating.

If you recognize these symptoms call a supervisor and call 911. Have someone stay with the worker until help arrives. If able, move the worker to a cooler/shaded area and remove the persons outer clothing. Fan and mist the worker with water and provide cool drinking water if the person is able to drink.

Being a good Wingman and acting when you see the signs could save a life!

Hiking Safety

DO:

- Check the weather
- Know how long the hike should take
- Know the terrain for your planned route
- Bring along a basic first aid kit and water
- Let someone know where you are going and when you should return
- Dress appropriately for the conditions

DON'T

- Pack un-necessary stuff
- Underestimate the power of nature/weather
- Believe your cell phone will always bring instant emergency help
- Pull off at a scenic view spot and just start hiking; make sure it is a proper location and you have a plan